

Daily
Horn

UNITY

UNION AND INTEGRATION

A UNION PUBLICATION
SEPTEMBER 1959

Pray with Silent Unity

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.

•

PRAYER FOR ILLUMINATION: In Truth, I am wise and free. I make right decisions and am guided into right paths.

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PRAYER FOR PROSPERITY: In Truth, I am unlimited, prosperous, free! I am blessed with my divine inheritance of good.

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PRAYER FOR HEALING: I know the Truth that sets me free. I claim my heritage of health and I am whole.

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DAILY WORD

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In This Issue

Walking With God— <i>J. Sig Paulson</i>	- - - - -	3
Ideas We Live By— <i>Martha Smock</i>	- - - - -	7
Dear Friends	- - - - -	11
Poems: A Teacher's Prayer— <i>James Dillet Freeman</i>	- -	2
Song of My Heart— <i>Elizabeth Landeweir</i>	-	Center

Cover—William B. Goolsby, Entrance to Unity Village

Center Photograph—Bob Taylor

DAILY LESSONS FOR SEPTEMBER

1. Quiet	12. Not Alone	22. Eternal Life
2. Healing	13. My Own	23. Trust God
3. Appreciation	14. Joy	24. No Condemnation
4. Home Blessing	15. No Comparisons	25. World Oneness
5. Protection	16. Digestion	26. Understanding
6. God Is Love	17. Healing Others	Heart
7. Labor Day	18. Justice	27. Words
8. Children	19. Order	28. Change
9. God Strengthens	20. Love the Lord	29. Mind
10. Comfort	21. Giving and Receiving	30. Hearing
11. Patience		

A Teacher's Prayer

JAMES DILLET FREEMAN

Good Master, I, a teacher too,
Need greatly to be taught by You.
I have to study and to know,
That I may help my students grow.
I would be clear to help them learn;
I would have fire to make them burn
To know; whatever else is taught,
Let me teach most the love of thought.

I pray to keep good discipline,
And pray to have it first within;
I would know when to drive or draw,
To praise or to point out the flaw,
To overlook or make demands:
Give me a mind that understands.

Let me see in each unformed youth
Our human hope of good and truth
And let me make him want to be
The perfect person that I see.



Walking with God

J. SIG PAULSON

HAVE YOU ever longed to walk with God—not just to touch His presence in a few moments of inspiration or prayer—but to come to know Him as a daily companion? Have you ever longed to know God as a strength to meet the tasks of your day, a light to shine before you on the pathway of life, an anchor to hold you steady on the changing seas you cross? Have you ever longed to experience God as a voice that tells you where to turn and when to stand still, a love that warms your heart, a faith that cannot be quenched, a friend who never fails?

You can walk with God today, and every day, by claiming that which is already your own. For God is the eternal companion of all, and has walked with every one, though few have realized it. We can never be separated from God, except through our own forgetfulness, or through letting the cares and ambitions of "making a living" nibble away at our awareness of Him, in whom "we live, and move, and have our being."

Walking with God, then, is to be an easy and joyous acknowledgment of Him who eternally walks with us. It is to be a grateful recognition of

the invisible and eternal One who breathes life into us and into all His creation.

Would you transform your days? Would you fill the nooks and crannies, the byways and the highways of your life with joy and rich adventure? Then learn the great truth that you walk with God!

Let there be God spaces in your day. Let there be holy, special times devoted to God alone; not just definite, formal periods of meditation, but living, golden moments tucked into the routine of your daily activities. Tell no man. Let these times be as a secret pact between you two: your divine companion and you!

On the street, in the taxicab or subway, in the auto or bus, shopping or playing, waiting for a friend or hurrying to meet one, at your desk or lathe, in your office or laboratory, at home or abroad, rain or shine, open a God space. Fill it with these shining reminders of His presence: "I walk with God." "God is with me." "In God I live and move and have my being." "I am strong in the Lord and in the power of His might." "Thank You, Father, for life, love, and strength." Let these words sing through your heart and mind without strain or effort. Oh, the untellable joys you and your companion will share.

Are you starting a difficult task? Preface it

with a God space: "One, who is greater than I, is with me. He will perfect that which concerns me." "God, my eternal companion is here. Nothing is impossible with Him." "I do this to the glory of Him who walks with me." Then, with serene faith and expectant heart do that which lies before you.

Have you just finished a project or a job? Take time to fill a God space with thanksgiving: "I thank you, Father, it is finished." "To You, my Father, is all glory and praise." Or, let it be just a grateful feeling of accomplishment welling up in your heart. You are now ready to continue your day's activities.

Are you walking strange paths, crossing unknown meadows, moving through the valley of shadow? There is time for a God space: "I walk with God. His wisdom lights my way." "God is with me. His light is my light. His love is my love." "The Lord is my companion. He leads me in the paths of righteousness." Then, move ahead fearlessly, with untroubled heart. Your way is clear. You do not walk alone.

Are you swinging down a street overflowing with your fellow men? A God space will fill your path with peace: "God's Spirit looks at me through the eyes of all whom I meet." "You are gods, all of you, sons of the Most High." "I

give thanks, divine companion, that You walk with them, too." Then walk with God and His children, and let your face radiate your awareness of your loving companion's presence.

At the beginning and at the end of each day fill a God space with pure love of Him who walks with you.

Again and again and yet again, fill your God spaces with the courtesy of silence, so that your divine companion may speak to you. Open your mind and heart to His inspiration. Let His Spirit guide you into the glory of His kingdom, here and now, right where you walk.

As you fill your day with God spaces, you will find mind, heart, and soul pouring forth new words and songs of acknowledgment and of praise. Prayer will be easy, rich, and rewarding. It is natural to commune with Him who walks with you. Your world will brighten, wake up, respond. The God spaces you open in your life will grow and grow until your whole experience becomes one joyous walk with God.

CAST THY BREAD UPON THE WATERS

Prayer is the way of walking with God instead of walking alone.—*James Dillet Freeman.*

Ideas We Live By

MARTHA SMOCK

SEVERAL years ago, when we were traveling by car, on our vacation trip, I read "Little Women" aloud to my two young daughters. It was new to them and held their interest. But the rereading of it, after many years, was a discovery to me. For, as I read it I found the source of many of the ideas I had carried forward with me since childhood. And all unconsciously! If someone had questioned me about these ideas I probably would have defined them as ideas I had accepted from parents or teachers or brothers or sisters. But here they were, in the pages of a book that I had consciously forgotten, except for the title.

It is an interesting experiment to reread a book like this, to see how ideas have taken hold of us and stayed with us, a part of our life and thought.

In rereading *Lessons in Truth* two years ago during the Lessons in Truth Week, I discovered in it the source of my fundamental beliefs about Truth. I thought to myself, "It is all here, the Truth that has grown and enlarged and expanded in my consciousness."

The value of Lessons in Truth Week perhaps

lies in this very fact. In rereading it we stand once more at the beginning, as it were, of our search for Truth. We read it in almost two states of mind. We see it as it first made an impact on our mind and life. We see it from the perspective of time and experience. We see how changeless Truth is, how timeless the quality of its principles are. We see how sure the ground is that we now stand on. We see how sure it was even when in the past we first began to seek out the Truth.

Two years ago Lessons in Truth Week came at a time when to me it had special meaning. To reread it was to renew a friendship, to reaffirm a faith, to take a new stand. For as a family we had just completed a move to a new home, in a strange city. The Monday, when Lessons in Truth Week began, was the first day of school for our children. All of us were starting on new and strange paths, but to help us we had all that we had carried forward in the way of faith and understanding.

Every day of Lessons in Truth Week the study seemed especially appropriate, especially vital, especially welcome. It was a time of renewing faith, a time of re-assessing or re-evaluating the Truth ideas that I had proved and practiced so far in my own life and experience.

This year as I participate in Lessons in Truth

Week I expect new light, new discoveries, new growth, for Truth is not static, not something circumscribed. The ideas found in *Lessons in Truth* are like a lamp that throws light on our paths, that calls to our remembrance things that we have always known, that reminds us that we have within us the Spirit of truth that Jesus promised.

If this is your first year to participate in this study, your first time to read *Lessons in Truth*, I should like to give you some idea of what you may expect from the time you devote in this way.

You may expect to come into a better understanding of yourself. You may expect to come into a better understanding of your family, your friends, and all other persons. You may expect to feel that, with God, all good things are possible to you. You may expect to see more of wholeness and perfection in your body. You may expect to have more order, more harmony, more happiness in your home and in your life. You may expect an increase in your prosperity. You may expect to have a larger, broader view of the world and of all the nations of the world. You may expect to feel one in Spirit with all men everywhere.

If, for some reason, you are not able to enter into this study, wherever you are, whatever you

do, take time this week to bring back into your mind some of the basic Truth principles you know. It will be like going home. It will be like being surrounded by friends and family. It will be remembering your Source. It will be abiding in the loving, living presence of God.

Because so many hearts are especially attuned to the vital, creative ideas of Truth at this particular time, it is easy to feel that we have the wonderful assurance: "He shall teach you all things, and bring to your remembrance all that I said unto you."

YOU NEED NEVER FEEL ALONE

Always, night and day, someone is at prayer in Silent Unity, and you can have these prayers for yourself or another at any time.

God never fails, and God is never farther than a prayer. Silent Unity prays with faith in the power of God and in the power of prayer.

You can reach Silent Unity by telegraph, Unity, WUX, Kansas City, Missouri, by telephone, Baltimore 1-4720, Kansas City, Missouri, or by letter to Silent Unity, Lee's Summit, Missouri.

What one heart cannot bear alone, over a hundred loving hearts can bear with faith.

"Let not your heart be troubled."

"Lo, I am with you always."



The following are excerpts from letters written to DAILY WORD. We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use DAILY WORD and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.

From Washington:

We have an experience to share with you. My husband and I recently returned from a trip that was most enjoyable. Some dear friends accompanied us, and they were quite interested in what my husband and I read together each morning.

One day there was a call for our friends. A dear friend of theirs, taking a lengthy ocean

voyage, had passed away at sea. Naturally, they were quite upset. Immediately I thought, "God is present in all situations and in all persons involved." The DAILY WORD lesson seemed written especially for our friends that day, and I read it aloud to them. They were so comforted that we four read it together each day after that.

From New York:

On the day we had the worst storm of the year, here in New York, the DAILY WORD lesson was a blessing for the weather. My husband reads DAILY WORD at breakfast time, so he said that evening on the way home in the blizzard, he kept declaring, "The weather blesses me." He arrived home safely, even though hundreds of cars were abandoned on all the highways. He said he had just enough gasoline but he kept nice and warm during the two hours it took him to make the twenty-minute drive. He was really grateful for that DAILY WORD message!

From Illinois:

Today—very weary in both body and spirit after a difficult day yesterday—I reached for DAILY WORD and read it from cover to cover. Do I need to tell you that soon my fatigue and depression began to dissolve and I felt renewed in body, mind,

and spirit? I felt the quiet helpfulness of the words: how they blessed me.

Of outstanding importance in my opinion is the kindness with which Truth is presented. Never have I felt a "must." Rather, I gain a sense of understanding, and you help me to have more patience.

From Texas:

I am one of your teen-age DAILY WORD readers. Since I've been studying DAILY WORD I've tried to look at the world with Unity eyes.

We live up in the hills in a very beautiful place. The other night I was sitting on the back porch and everything looked so wonderful that I decided to write down what it looks like through Unity eyes. "The night air is cool and soft. The sky is like black velvet, draped over the earth. The stars are like drops of dew upon the velvet. The moon is like a piece of gold, shining in the night. The trees and hills are like a strong wall protecting the earth. My heart is full of peace and love for all mankind. I feel that if God can give us so much beauty, then we can give a little love."

DAILY WORD has been so much help in my life, helping me to understand God's love for us and that He is a just and forgiving God.

I STUDY TO BE QUIET.

THE PERSON who has learned to quiet his thoughts, quiet his emotions, quiet his body, is a person who is spiritually poised. For many of us it is a chore to quiet our body, much less our thoughts and our emotions. When we try to sit quietly, we find our hands fidget, we cross and re-cross our feet, we shift the position of our body. So, it is easy to understand that it does require practice to learn to be quiet.

As we use the thought, "I study to be quiet," let us practice to be quiet. Let us give ourselves time to sit and relax, let our hands fall easily into our lap, find a comfortable position for our feet. Then, let us study to be quiet in our mind, keeping this prayer thought before us: "I study to be quiet." Even as we still our thoughts, and concentrate on this one idea, we find that our emotions are quieted.

Studying to be quiet in this way, we find all that disturbs or distracts us vanishes and we are flooded with peace. Studying to be quiet renews our strength and prepares us to receive our good.

♦ *In quietness . . . shall be your strength.—ISA. 30:15.*

Wednesday

THE HEALING WORK OF THE INDWELLING CHRIST IS NOW DONE.

THE SPIRIT of Christ in me is a healing Spirit. The Spirit of Christ in me is my unfailing physician. The Christ Spirit corrects the cause and reveals the cure of any disability when I surrender myself into His healing care.

The moment I let go of the thought that I am bound to a condition that I have named "disease," the moment I let go of mental, physical, and emotional tension, in that moment the healing Christ relieves, renews, and restores my body.

If I have thought some conditions were beyond healing help, it is because I have failed to look beyond the power of man to the power of the healing Christ Spirit. Life that creates can recreate. Life that builds can rebuild. The name by which I identify a condition does not limit the healing power of the Christ. Only life—perfect, full, free life—is recognized by the Christ Spirit.

The Spirit of Christ in me is a healing Spirit. I surrender myself into His healing care. And His healing work is now done.

* Jesus went about . . . healing all manner of disease and all manner of sickness.—MATT. 4:23.

Thursday

SEPTEMBER 3

I TAKE TIME TO EXPRESS MY APPRECIATION.

SOMETHING truly wonderful happens when you say, with sincerity: "I appreciate this good." Your words gladden the heart of the person who brought good into your life. Your appreciation enhances the value of the good received, and opens the way for more good to come to you.

Sometimes you may feel hesitant about expressing appreciation. You are grateful, but words do not come readily to your lips, or you think you may be misunderstood. But, should such considerations restrain you? Scripture says: "Make the voice of thanksgiving to be heard."

Start right now by giving thanks to God, the giver of every good and perfect gift. Express your appreciation to all persons around you, including the members of your own family. Recognize the little daily kindnesses, as well as the larger acts of helpfulness. As you take time to express your appreciation, your entire world will become a brighter place. Life will take on new meaning.

*Make the voice of thanksgiving to be heard,
And tell of all thy wondrous works.*

—PSALMS 26:7.

GOD BLESS MY HOME.

GOD BLESS my home. God bless all who enter here, that they may feel the good will that is in this place. God bless all who leave this home, that they may continue in the love of God that protects and guides.

God bless my home. God bless the hands that keep it in repair. God bless the hands that clean and straighten, the hands that cook and sew. God bless the food that is prepared here. God bless the pleasures that are shared here.

God bless my home. God give it protection. God keep it safe from storm and fire. God let it serve the good and the happy purpose for which it was built.

God bless my home—whether it is a room, an apartment, or a house, whether it is new or old—God bless my home. Let the thoughts, words, and ways of those who dwell here contribute to the peace that I would find here. Let my home be so filled with happiness that even its walls speak to me of the welcome that is within.

God bless my home.

♦ *Blessed shalt thou be when thou comest in, and blessed shalt thou be when thou goest out.*—DEUT. 28:6.

GOD IS MY CONSTANT PROTECTION.

ACCIDENTS are not the will of God. God guides those who listen for His guidance. He guides them into ways of harmony and peace, and no evil shall befall them, and "neither shall any plague come nigh" their dwelling. But in order to be protected and led aright we must dwell "in the secret place of the Most High." Then, we are told in the 91st Psalm, we "shall abide under the shadow of the Almighty."

There is always divine guidance. For every moment there is always the perfect idea, the idea that will guide us safely through that moment and into the next moment, and on into the next. These ideas are the "angels" God has given charge over us.

Accidents can happen only when we forget to dwell "in the secret place" or keep in close and intimate contact with God. So, let our prayer be: "Father, I am conscious of Your presence within, without, and all about me. I know Your Truth is my shield and buckler. I am not afraid. I know that You have set Your love on me, even as I have set my love on You."

* *There shall no evil befall thee.—PSALMS 91:10.*

I REJOICE IN MY ABILITY TO LOVE.

SINCE GOD is love, and I am one with God, is it not natural that I should love? Since God is all, should I not love all? Today I invite God into my heart in His aspect of limitless love.

Love pours through me in such a radiant torrent that all mean, narrow, selfish thoughts are swept away. Love washes the scales of limitation from my eyes, and my sight thrills to the splendor and wonder of God's universe. Through love-washed eyes I see all things in a vast and luminous harmony.

Now I question: "Does God create anything that is unworthy of love?" Where before I thought of some conditions as being unlovely, where before I thought of some person as being unloving, where before I thought of myself as being unloved, I now see through to the reality, I think through to the underlying, I feel through to the very heart of love. Since God is love, and I am one with God, I am love. Love transforms, transfigures, and satisfies.

♦ *God is love; and he that abideth in love abideth in God, and God abideth in him.—I JOHN 4:16.*

Monday

SEPTEMBER 7

I FIND JOY AND A SENSE OF ACCOMPLISHMENT IN MY WORK.

To work with our hands is a blessing. To work with our heart and our hands is a privilege. If we are not finding joy and a sense of accomplishment in our work, let us pray for guidance into a service where we can be blessed and give a blessing.

What one person considers a heavy task, another person considers a rare treat. To the first person his work seems drudgery, to the second his work is a challenge. Each person's point of view determines the pain or the pleasure he gains from his work.

Let us seek a right point of view concerning any work that we must do. Then, let us look for a blessing in it, and give it our blessing. In regard to our choice of a new work, let us pray for the wisdom to be led to a service of which we can be proud, a service that is of benefit to others. It is easy, then, to find joy and a sense of accomplishment in our work.

♦ *There is nothing better for a man than that he should . . . make his soul enjoy good in his labor.*
—ECCLES. 2:24.

SEPTEMBER 8

Tuesday

I PLACE ALL CHILDREN IN GOD'S LOVING CARE.

CHILDREN are very dear to the hearts of the people who pray and serve in the name of Silent Unity. Many of our friends write or call us concerning the needs of these little ones. Children of all ages ask prayer help, and tell us their problems. And always, in answering these requests, we feel a special tenderness.

Today many schools are opening, and we ask that all who read this lesson think with us of the children. Think of them as filled with faith in the goodness of God and in the goodness of man. Think of them as finding it easy to make changes. Think of them as being friendly and having friends. Think of them as healthy and keeping healthy. Think of them as being safe, walking in safety, riding in safety, playing in safety. Think of them as provided with every needful thing. Think of them kept in the care of responsible, understanding, and wise parents and teachers. Our thoughts will be as guardian angels, helping each child to lean trustingly on God's love.

* *The child grew, and Jehovah blessed him.—JUDG. 13:24.*

Wednesday

SEPTEMBER 9

GOD STRENGTHENS ME TO DO ALL THINGS.

IF YOU have taken instruction in a drivers' training car, you remember what a feeling of confidence the dual control gave you. The thought that the instructor could take over, at any moment you felt inadequate, brought you peace of mind. Handling the problems of life is much like learning to drive. A certain amount of trust has already been placed in you or you would not have a driving permit. But you are not expected to cope with things that are beyond your power to handle. The instructor is there to lend his help when the driving problem is difficult.

Sometimes circumstances in our life are such that we feel we cannot measure up to them. We fear that we may fall short in carrying out our obligations. At these times it is right to ask God to take over. It is right to let God instruct us as to what to do and how to do it. When we trust God He will help us meet and master every situation. His strength is sufficient for our need. And, unlike the driving teacher, His help is always available; we never go our way alone.

* *I can do all things in him that strengtheneth me.*
—PHIL. 4:13.

SEPTEMBER 10

Thursday

I WOULD COMFORT THE TROUBLED AS GOD HAS COMFORTED ME.

I WOULD comfort those in need of comfort. I would stand by a dear one or a friend, and know that because I stood with him he is stronger. I would speak a calming word and see a look of peace return to his face. I would assure him of God's love, and of my love, that he might be renewed in a feeling of security and well-being.

I would comfort the troubled, never asking why they are troubled. I would be patient and listen to those things they need to tell me. I would be wise and let them withhold those things they feel they cannot reveal. I would never censor; never let them feel that they have failed or that God has failed them. I would encourage and uplift. I would point the prayer road to peace, but let them choose it for their way.

Because I know God as a comforting, strengthening, calming, loving presence, I know I have His help when I am called to comfort others.

* *Blessed be the God . . . of all comfort; who comforteth us . . . that we may be able to comfort them that are in any affliction.—II COR. 1:3, 4.*

Song of M

ELIZABETH LANDEWEER

My heart refuses to grow old,
To sit within its house and grieve,
Each day it strikes out, young and bold,
In search of something to believe
That paints new luster on the sky,
That puts fresh dew upon the bud,
That adds a twinkle to the eye,
And a new anthem to the blood.
My heart refuses to retire,
But dances out upon the hill,
And tunes the sunrise like a lyre,
And lets the golden music spill;
It keeps no calendar nor clock,
But hears the lark's clear whistle call,
And crows the morning like a cock
Upon a sunlit garden wall—
It does not take the easy way,
It does not sit and count the years,
But turns each effort into play,
And greets each victory with cheers;
It dotes on every evidence
Of petal curl or seed in pod,
And daily prays for commonsense,
And laughs and loves along with God!

M Heart



I AM PATIENT.

SOMETIMES we are frustrated because we want to accomplish things, but we cannot find the time to give to them. We see clearly what we would like to do, but circumstances appear to prevent our doing it. If we remember that we are in a state of unfoldment and that nothing is gained by trying to force the bud into bloom, we shall relax and work with patience.

We have hopes, desires, and dreams because we have potentialities. But we need preparation. In the tasks of the day we make that preparation. Let us not force our good; let us not push aside the things that are at hand to be done. Let us determine to do our best, to work conscientiously and efficiently to solve the problems of the day. Then we shall be ready to do the things God's intelligence working in us tells us we are meant to do.

We shall have plenty of time to do the interesting, significant things, if we use our time wisely today. No circumstance will stand between us and our good if we consider each circumstance as a steppingstone rather than a stumbling block.

♦ *Bring forth fruit with patience.—LUKE 8:15.*

I AM NOT ALONE, BECAUSE THE FATHER IS WITH ME.

AT A TIME when Jesus might have felt very much alone, He spoke these words: "Ye . . . shall leave me alone: and yet I am not alone, because the Father is with me." And how appropriate these words are for those of us who are lonely.

If there has been a rift between us and a dear one, the feeling of having the Father with us will bring us the stability we need. With emotional stability we are able to dissolve misunderstandings and bring about harmony.

No matter how completely alone we may feel, the Father is with us, an inseparable part of us. Here is the wonder of knowing this—all sense of loneliness disappears, and a new sense of security takes its place. God, as Father, friend, and companion, becomes real and satisfying. Then, because we are no longer fearful and upset, we attract into our life persons who contribute to our happiness. Because we no longer feel sorry for ourselves we are able to give our attention to making other persons happy.

* *The Father is with me.—JOHN 16:32.*

Sunday

SEPTEMBER 13

I DESIRE ONLY MY OWN GOOD, AND MY OWN GOOD COMES TO ME.

WHEN I see other persons receive blessings, I rejoice with them in their happiness. I do not feel that because they have received blessings my good will be lessened or limited. I realize there is an infinite supply of good, and each person attracts his own to him.

I cannot be envious, for I cannot want another person's good. I only want my own, the outgrowth of my heart's desire—just as the good others receive is the outgrowth of their heart's desire.

If it seems to me that other persons, less deserving, receive more good than I receive, I am not resentful. I trust the wisdom, the justice, the far-seeing love of God. I know that as I free my mind from any thought of judging others, and as I work with God, He will bless me with what I need for happiness.

I count my blessings. I thank God for them. With quiet joy in my heart I trust my good to come to me.

*The blessing of Jehovah, it maketh rich;
And he addeth no sorrow therewith.*

—PROV. 10:22.

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SEPTEMBER 14

Monday

I LET THE JOY OF THE LORD SHINE THROUGH ME.

I LET the joy of the Lord shine through me. If I think that a long face or a somber air are necessary to a person interested in spiritual development, I now dismiss that thought. I let the joy of the Lord shine through me.

The joy of the Lord is vital to my peace of mind, to my good health, and to the success of my affairs. My mind reacts instantly to the thought of joy. My body reacts quickly to the joy of the Lord. My affairs react favorably to my expression of joy. Joy is a freeing, a renewing, an attracting force. Joy uplifts, joy strengthens.

I let the joy of the Lord shine through me.

If I know of someone who needs more joy, I think of him as letting the joy of the Lord shine through him. I see him blessed in all the ways that joy can bless. I see him rejoicing in the joy of the Lord.

Joy is not merely a smile on the lips, a light in the eyes. Joy is the expectation of good.

I let the joy of the Lord shine through me.

* Let them also that love thy name be joyful.—PSALMS 5:11.

Tuesday

SEPTEMBER 15

I DO NOT COMPARE MYSELF, MY LIFE, OR MY ACCOMPLISHMENTS WITH OTHER PERSONS. I SEEK TO EXPRESS THE CHRIST OF GOD.

IF WE ARE inclined to compare ourself, our life, our accomplishments, with other persons, let us pause and consider. It is true that in some instances we do need to make comparisons to make progress. But, for the most part, the making of comparisons is not beneficial. If no good is to be gained, if no higher goal is to be set, if no greater inspiration is to be felt, let us not make comparisons.

Actually, there is only one pattern against which we need to measure our worth, the perfect pattern of the Christ within. To know if our life is as full as it should be, let us look at the Christ life we are intended to live. To know if our accomplishments are as rewarding as they should be, let us consider the satisfaction of fulfilling our Christ pattern. This is the way to good, to a high goal, and to inspiration.

As we seek to express the Christ of God in our own way, we will experience deep satisfaction.

♦ *Be not fashioned according to this world.—ROM. 12:2.*

Wednesday

MY BODY FUNCTIONS ARE DIRECTED BY DIVINE WISDOM, AND I ABIDE IN HARMONY AND PEACE.

IN THE Lord's Prayer we pray for "daily bread." This is good. Sometimes, however, we become concerned about the inner processes whereby this "daily bread" is transformed into the nourishment and energy we need. Good food is important; but how can we be assured of good digestion?

First, we must remind ourselves that all body functions are directed by divine wisdom. Then we co-operate with this wisdom by filling our mind with cheerful, positive thoughts, and by avoiding anxiety and anger.

If a digestive disturbance occurs, we quietly bless the organs concerned, and affirm confidence that divine wisdom is directing them. Instead of complaining at meal time, we are appreciative of our food; we agree with it; then it agrees with us. As we acknowledge that our body functions are directed by divine wisdom, we abide in harmony and peace.

* *They took their food with gladness and singleness of heart, praising God.—ACTS 2:46, 47.*

Thursday

SEPTEMBER 17

THROUGH THE CHRIST IN ME I AM ABLE TO
HELP OTHERS.

WHEN THERE are those who need my help, I give it as Jesus would have given His help, for I have the same Christ Spirit within me. I ask God's guidance, as Jesus asked God's guidance, and then I follow the divine leading that I receive.

I keep my thoughts, words, and actions positive. I do not dwell on past mistakes or entertain doubts of the future. I know that if I waste the substance of my thought in this way, I am not able to give my help in the present moment.

I do not regard helping others as a means of gaining personal approval or as a method of attracting personal attention. Giving my help where it is needed, as God directs, does bring with it a feeling of satisfaction and peace that no outer praise can bring. Also when I give in this way, no one ever needs to feel obligated to me, for I know, and they know, that it is God who is helping.

I give in the way God directs me to give, of the help He directs me to give, and I always give my prayer and my blessing.

* *Our help is in the name of Jehovah.—PSALMS 124:8.*

7
SEPTEMBER 18

Friday

THE SPIRIT OF JUSTICE IS QUICKENED IN ME.

JUSTICE IS a virtue we desire to see, to express, and to be a part of. Every day offers us opportunities to be just, but many times we overlook these opportunities, or we do not recognize them.

Perhaps we do not realize that it is unjust to speak a word of condemnation that may influence another person. It is unjust to enter into debt to an extent that we are not able to make payments as they are due. It is unjust to involve another person emotionally, when we have no intention of making him a part of our life.

As we give our thought and attention to justice, we become conscious of the part we play in establishing justice. We find it easy to be just in our dealings when we pray first for the spirit of justice to be quickened in us. Next, we pray for the spirit of justice to be quickened in the persons with whom we are dealing. Then, we extend our prayers to include the quickening of the spirit of justice in all people everywhere. In this way justice becomes a virtue expressed.

* *Just balances, just weights . . . shall ye have.—LEV. 19:36.*

I DO FIRST THINGS FIRST, AND MY LIFE IS IN PERFECT ORDER.

WHEN WE build a house, we do not put up the roof before we put down the foundation. When we sew, we do not baste the seams before we cut the material to fit the pattern. When we add a column of figures, we do not write down the answer before we write down the numbers to be added.

To have perfect order we need to do first things first. For instance, if we would have order in our home, we must be willing to take the steps that lead to perfect order. Undoubtedly, prayer is the first step that leads to order in the home. We pray to establish and maintain order. Then, we keep our thoughts and our words in line with the order we would have. Next, we determine that our actions will contribute toward perfect order.

If changes should be made in our home, or in our living habits, we consider prayerfully and carefully where to begin to make these changes. As we do first things first, our life is in perfect order, and we have a foundation for happy living.

♦ *First the blade, then the ear, then the full grain in the ear.—MARK 4:28.*

Sunday

I LOVE THE LORD, MY GOD, WITH ALL MY HEART, SOUL, AND MIND.

I LOVE THE Lord, my God, creator of this universe and of me. His loving presence fills each atom of the infinite depths of space, yet His Spirit lives within my own heart! How real, how warm, how alive, how dear to me is the presence of the Lord, my God. How inseparably united with me is His living Spirit.

I love the Lord, my God, my own indwelling Spirit, with all my heart, with all my soul, with all my mind. I love You, O Spirit of life and joy within me. I love You, Spirit of wisdom and strength. I love You, Spirit of power and peace. O indwelling Spirit, my creator and sustainer, You will I love. You will I worship and serve. You will I seek and find. You will I hear and follow. To You will I give my heart, and soul, and mind. To You will I bring my praise and thanksgiving.

I love the Lord, my God, with all my heart, soul, and mind.

* *Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.—MATT. 22:37.*

THE LAW OF GIVING AND RECEIVING IS FULFILLED IN ME.

HONOR JEHOVAH with thy substance . . . So shall thy barns be filled with plenty." Is this substance, with which we are to honor the Lord, our money? Does it consist of a portion of our time? Could our way of life be considered the substance to be used to honor the Lord?

This is a matter of prayer. Some who tithe of their income consider this the answer; some who devote their time to charitable acts are satisfied that this is right for them; some who live a life devoted to Christian principles consider this the way to honor Jehovah with their substance. Each person needs to seek within to know how to honor the Lord with his substance. Perhaps, for many of us, a combination of sharing our money, sharing our time, and living a good life is the way to honor the Lord with our substance.

No matter how we give of our substance, our "barns" will "be filled with plenty." And let us not limit our capacity to receive, for receiving is the fulfillment of the law.

* *Give, and it shall be given unto you.—LUKE 6:38.*

SEPTEMBER 22

Tuesday

GOD'S WILL FOR ME IS ABUNDANT, ETERNAL LIFE.

GOD'S WILL for me is abundant, eternal life. Jesus said, "I came that they may have life, and may have *it* abundantly." I accept this idea. Instead of constantly thinking that eventually I must die, I claim life for myself. Man has thought for so long that he was meant to die, that he must begin now to break up this crystallized thought by claiming for himself life, abundant life, eternal life.

Charles Fillmore said, "If death is part of God's law, we are defeating the law every time we attempt to escape death by trying to heal the body." If death were God's will, then Jesus could not possibly have raised Lazarus from the dead. Jesus said, "I and the Father are one," and in that oneness He was able to help, to heal, and to bless. God wants His children to live abundantly, or the power of healing would not be one of the gifts of the Christ Spirit. So, we can claim abundant, eternal life now, knowing that is God's will.

* *For this is the will of my Father, that everyone that beholdeth the Son and believeth on him, should have everlasting life.—JOHN 6:40.*

Wednesday

SEPTEMBER 23

I DO MY BEST AND I TRUST GOD TO DO THE REST.

IF WE are among those to whom children, patients, or personnel are intrusted, we need to consider that our work with people is a partnership with God, our Father. The greatest service we can do for our families, pupils, patients, and employees is to see each person, persistently and consistently, as a child of God.

Sometimes our desire to fulfill our responsibilities makes us tense and anxious. But when we accept in a right attitude our opportunities to serve, to help, to instruct, and to inspire, we are not burdened with a sense of being personally accountable. When we accept each responsibility as a working partnership with God, when we handle each responsibility with God's help, we are able to serve others in a selfless and a good way. We do this easily when we remember that God loves those He places in our charge, and He protects, guides, and provides for them.

Our part is to do our best. God can be trusted to do the rest.

* *Cast thy burden upon Jehovah, and he will sustain thee.*—PSALMS 55:22.

*T*hursday

THE FORGIVING LOVE OF JESUS CHRIST SETS ME FREE FROM SELF-CONDEMNATION.

IT IS man's desire to conduct himself in such a way that other men will say of him: "He is a good man." But sometimes, through thoughtlessness or ignorance, we do something that is not up to the standard we have set for ourselves. Sometimes we speak a word that hurts; we strike out without meaning to; we commit a foolish act. Then we are sorry. We desire forgiveness but we do not know how to ask for forgiveness. We want to right the wrong but we do not know how to go about doing that.

The forgiving love of Jesus Christ is ready to help us at such times. It is a love that we can use, a love that will use us. We can call on this love to work through us, to adjust our affairs, to shed its light on any situation and dissolve any in-harmony. We can then be certain that somehow, someway, the condition will be righted. We need not carry a burden of self-condemnation if we are ready to exchange it for the forgiving love of Jesus Christ.

* *For we are persuaded that we have a good conscience.—HEB. 13:18.*

THERE IS ONE GOD, AND FATHER, OF US ALL.

"**T**HE GOD that made the world and all things therein . . . he made of one every nation of men to dwell on all the face of the earth." Paul spoke these words at Athens. We speak these words today, whoever we are, wherever we are, and know that we are affirming the oneness that was meant for mankind.

If we are tempted to separate ourselves from persons of other nations, let us pause and consider our origin. We originated in God. We are all created out of the one life, God life. Our hearts beat with one love, God love. Our world is illumined by one light, God light. Our hungers are fed by one substance, God substance. Our overcomings are made through one faith, God faith.

Let us not look into the past and remember how nations have fought. Let us not look into the future and contemplate ways nation may gain over nation. Let us look to the one God, and Father of us all, remembering, "He made of one every nation of men to dwell on all the face of the earth."

* *In him we live, and move, and have our being.*
—ACTS 17:28.

SEPTEMBER 26

Saturday

I PRAY FOR AN UNDERSTANDING HEART SO THAT I MAY BE KIND AND LOVING.

AN UNDERSTANDING heart is one of the most valuable assets we can have. Solomon valued understanding above all else, and he was rewarded in every way. An understanding heart helps us to ease tensions in human relationships, soothe hurt feelings, and calm ruffled spirits.

The ability to understand another person, the ability to put ourselves in his place and see his viewpoint, shows us that most fancied slights or insults were not intended at all. What has been taken for an unkind remark may simply have been a thoughtless remark, or it may have even been an attempt to be helpful.

Most of us have had days when things seemed to go wrong, and we were touchy and irritable. If we can understand others when they are having such days, if we can be kind and loving, we shall be happier. An understanding heart enables us to bring harmony into what might be an inharmonious situation.

* Give thy servant therefore an understanding heart.
—I KINGS 3:9.

Sunday

SEPTEMBER 27

TODAY I CHOOSE TO SPEAK ONLY GOOD WORDS—WORDS THAT UPLIFT, HEAL, AND BLESS.

AM I speaking words that uplift, heal, and bless? Am I using words of lack in any of its forms? Today I choose to speak only good words. I choose to broadcast the message of Truth, life, and love.

I start right now by affirming: "I am God's beloved child. Therefore, I can truly say that I am healthy, wise, and peaceful. I am loving, kind, and patient. I am prosperous, successful, and free. Because I know that I am a child of God, I use the words 'I am' coupled with words that uplift, heal, and bless me."

Throughout this day, regardless of appearances, I say to every person: "You are God's beloved child. Therefore, I can truly say that you are healthy, wise, and peaceful. You are loving, kind, and patient. You are prosperous, successful, and free. Because I know that you are a child of God, I use the words 'you are' coupled with words that uplift, heal, and bless you."

Today I choose to speak only good words.

♦ *The sower soweth the word.—MARK 4:14.*

Monday

I HAVE FAITH IN MAN'S GROWTH TOWARD GOOD.

WE LIVE in a world where so many strange and wonderful changes occur that we find ourselves questioning what tomorrow will bring. If we are fearful or doubtful about tomorrow, let us remember that the one presence, God, the good, is never changing. He is the same today, tomorrow, and always.

We may travel into space. We may use unknown, untested means of transportation. We may discover new methods of heating, of lighting, of supplying water, and of growing fruits, vegetables, and grains, but these changes will not separate us from the one presence, God, the good. In fact, as we make these discoveries and changes, we shall find that we have a better understanding of the one presence.

As we accept the growth and the ever changing conditions in our world, let us accept the assurance that tomorrow, and all tomorrows, will be better because we are living today filled with faith in the one presence, God, the good, and faith in man's growth toward that good.

* *Thou shalt see greater things than these.—JOHN 1:50.*

MY MIND IS ALERT, KEEN, AND PERFECT IN EXPRESSION.

THIS SEASON of the year finds many of us returning to some special study. Children, of course, are returning to their schools; and many adults are starting classwork or specialized study of some particular subject.

It is well for us, who are doing this, to consider the source of our intelligence, the source of our wisdom and understanding. The all-knowing Mind of God, in the midst of each of us, is this source. Therefore, when we turn to this Mind, we think clearly, understand easily, and express readily.

In understanding that we have the Mind of God in us from which we draw, we can say often and with faith: "My mind is alert, keen, and perfect in expression." We can say of ourselves: "I know, I remember, I understand. I express myself perfectly."

Let us rejoice that our mind is flexible and alert. Let us rejoice that we comprehend readily and put right instruction into action quickly. Let us rejoice that we learn easily.

* *For Jehovah giveth wisdom.—PROV. 2:6.*

SEPTEMBER 30

Wednesday

THANK YOU, GOD, FOR THE GIFT OF HEARING.

I DO NOT often think of the complex miracle of flesh, bone, and nerve that enables me to hear; but today I do think of this miracle and I take time to be grateful for the gift of hearing.

"Thank You, God," I pray, "for this wonderful gift that includes the sound of beautiful music, of waves breaking on a beach, the chirp of the cricket, the sigh of the wind, the patter of rain, and the laughter and voices of those I love."

To a person who has been deaf and regains his hearing, every sound is precious. He finds beauty even in the ticking of a watch. He can enjoy listening to the child next door practice his music lessons, or to the ceaseless rumble of traffic. So, I, who have this wonderful gift, live today with greater awareness and appreciation of my hearing.

I thank God for every sound I hear. I newly consecrate myself to contributing only to the pleasant and lovely sounds that bring happy and harmonious reactions.

♦ *Blessed are . . . your ears, for they bear.—MATT. 13:16.*

A NEW BIRTHDAY BOOKLET!

In answer to many requests, Unity announces the publication of a new birthday booklet, containing all new material and entitled *You Are Special*.

The booklet opens with this warm greeting: "My best wishes to you for many special blessings on your special day." And it goes on to present twenty-four pages of fine articles and poems all especially for a birthday, and all by well-known Unity authors.

You Are Special Contains—

The title poem, "You Are Special," by Martha Smock; "Know Yourself," by Lowell Fillmore; "A Blessing for Your Special Day," by Rowena Cheney; "Your Special Day," by Mary L. Kupferle; "God Counts Not Years," by Clarence E. Flynn; "Prayer for a Birthday," by R. H. Grenville; six birthday affirmations; and other selections.

The booklet is illustrated and its cover bears a beautiful photograph in full color. *You Are Special* is priced at 15 cents a copy; 8 copies for \$1. Send your order today, while supplies of the new booklet are plentiful.

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LESSONS IN TRUTH WEEK SEPTEMBER 14-20

For the 26th year, Lessons in Truth Week offers Unity friends a time to study Truth together and put into practice the new ideas gained. This time of study can be a source of great inspiration and help to you, whether H. Emilie Cady's book *Lessons in Truth* is new to you, or whether you have read it many times before.



What One Friend Says About It

"Thank you for Lessons in Truth Week. Each year I think 'Are these the same lessons I studied last year?' The material seems so much simpler and plainer than before. The more we study Truth the clearer it becomes and the easier to put into practice."

You are invited to join in this year's observance of Lessons in Truth Week, September 14 through 20. You need only your Bible; a copy of the book *Lessons in Truth*, priced at \$2; and the special *Lessons in Truth Study Guide*, which you receive free with the book. (If you already have the book, Unity will be happy to send you the *Study Guide* free on request.)

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